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The Shake

**BEGINNER** 

64 Count 4 Walls

Choreographed by: Jan Wise & Noel Bradey Choreographed to: Shake, The by Neal McCoy

SIDE SHUFFLE LEFT, CROSS-STEP & SHIMMY, SIDE-SHUFFLE RIGHT, CROSS-STEP & SHIMMY 1 & 2 Step left to left, step right together with left, step left to left 3 & 4 Step forward on right at 45 degrees across left while shimmying shoulders forward, back, forward 5 & 6 Step right to right, step left together with right Step right to right, step forward on left at 45 degrees across right while shimmying shoulders forward, 7 & 8 back, forward TOE HEEL-STEPS BACKWARDS WITH "COME ON" HANDS /(With both hands out in front beckon towards yourself with fingers on each beat) Touch left toe back at 45 degrees, step down on left foot 9 - 10 11 - 12 Touch right toe back at 45 degrees, step down on right foot 13 - 16 Touch left toe back at 45 degrees, step down on left foot, step right next to left, hold (weight on left) STEP RIGHT SIDE & SHIMMY, STEP LEFT SIDE & SHIMMY, FORWARD RIGHT & SHIMMY, **BACK LEFT & SHIMMY** 17 - 20 While shimmying shoulders: step right to right side, hold, step left together right, hold 21 - 24 While shimmying shoulders: step left to left side, hold, step right together left, hold 25 - 28 While shimmying shoulders: step forward on right, hold, step left together right, hold 29 - 32 While shimmying shoulders: step back on left, hold, step right together left, hold SHUFFLE FORWARD, SHUFFLE TURN, WALK BACK AND KICK-REPEAT 33 & 34 Step forward on right, step left together & slightly behind right, step forward on right 35 & 36 Step forward on left turning 1/2 turn right STEP BACK ON RIGHT TOGETHER AND SLIGHTLY IN FRONT OF LEFT, STEP BACK ON LEFT 37 - 40Step back on right, step back on left, step back on right, kick left forward 41 & 42 Step forward on left, step right together & slightly behind left, step forward on left 43 & 44 Step forward on right turning 1/2 turn left STEP BACK ON LEFT TOGETHER AND SLIGHTLY IN FRONT OF RIGHT, STEP BACK ON RIGHT 45 - 48 Step back on left, step back on right, step back on left, kick right forward ONE & QUARTER ROLLING VINE RIGHT, MONTEREY TURNS, SIDE TAPS 49 - 52 While traveling to right turn 1-1/4 turns to the right, stepping right-left (finish weight left) 53 - 56 Point right to right side, step right together with left as you turn 1/2 turn right point left to left side, step left together with right 57 - 60 Point right to right side, step right together with left as you turn 1/2 turn right point left to left side, touch left together with right (weight finish right) 61 - 64 Step left to left side, touch right together left, step right to right side, touch left together right REPEAT /On walls 2 and 4, add the following tag after count 64 65 - 66Step forward on left at 45 degrees, touch right next to left and clap 67 - 68Step back on right at 45 degrees, touch left next to right and clap

/Dance ends shuffle left & shimmy, then shuffle right with 1/4 turn right and shimmy

Step back on left at 45 degrees, touch right next to left and clap

Step forward on right at 45 degrees, touch left next to right and clap

69 - 70

71 - 72